



Jet Swirl Pizza Appetizers

READY IN



35 min.

SERVINGS



5

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound pepperoni sausage sliced
- 10 ounce pizza crust dough refrigerated canned
- 0.3 pound provolone cheese sliced
- 0.3 pound genoa salami thinly sliced
- 0.5 cup mozzarella cheese shredded

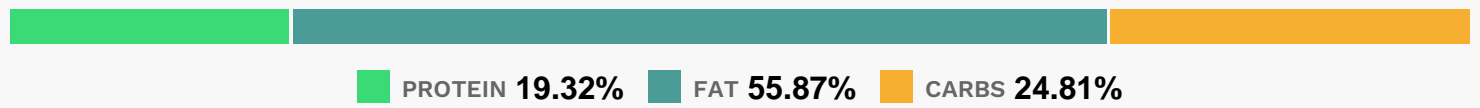
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking sheet.
- Roll pizza crust dough into an approximately 10x14 inch rectangle on the baking sheet.
- Layer with Genoa salami, pepperoni and provolone cheese.
- Sprinkle with mozzarella cheese to within 1/2 inch from edges of the dough.
- Roll jelly roll style. Seal the edge with a fork.
- Bake in the preheated oven 25 minutes, or until golden brown. Slice into 1 inch pieces to serve.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:9.9208696769631%

Nutrients (% of daily need)

Calories: 459.3kcal (22.96%), Fat: 28.44g (43.76%), Saturated Fat: 12.5g (78.12%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 27.56g (10.02%), Sugar: 3.76g (4.18%), Cholesterol: 64.41mg (21.47%), Sodium: 1515.94mg (65.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.13g (44.26%), Vitamin B12: 1.52µg (25.27%), Selenium: 17.53µg (25.04%), Phosphorus: 239.91mg (23.99%), Calcium: 235.28mg (23.53%), Vitamin B1: 0.28mg (18.67%), Zinc: 2.57mg (17.1%), Vitamin B2: 0.24mg (13.98%), Iron: 2.29mg (12.75%), Vitamin B3: 2.45mg (12.24%), Vitamin B6: 0.23mg (11.38%), Manganese: 0.16mg (7.82%), Vitamin B5: 0.63mg (6.32%), Vitamin A: 275.29IU (5.51%), Potassium: 187.68mg (5.36%), Magnesium: 17.66mg (4.42%), Fiber: 0.85g (3.4%), Copper: 0.06mg (3.2%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.31mg (2.05%), Vitamin K: 2.07µg (1.97%), Folate: 4.64µg (1.16%)